

Abstract

Topic: The relationship between the level of technique skills and performance in small-sided games in U12 football players.

Objective: To find the differences in success of defeating an opponent in small-sided games between three groups of players (divided according to level of technical mastery of defeating an opponent in technical exercise without an opponent). To find the relationship between level of technique skill in defeating an opponent and success of defeating an opponent in real condition in small-sided games in U12 football players.

Methods: Evaluation was based on our test. Small-sided games were used for evaluation of success of defeating an opponent in situations 1 on 1. Methods of direct and indirect assessment with help of video were used for assessment of the test as well as the small-sided games.

Results: Significant effect size differences were found between groups of players in small-sided games in % success of defeating an opponent and % success of keeping the ball in attempt to defeating an opponent. The results suggests that players with higher level of technical skills in defeating an opponent are more successful in defeating an opponent in real game situations. Nevertheless, the statistically significant results weren't found.

Key words: Football, motor skills, small-sided games, defeating an opponent.